

consisting of pharmaceuticals, drugs, foods, and dietary supplements.

<sup>7</sup>  
41. The method of Claim <sup>3</sup>37 wherein said material is selected from the group consisting of pharmaceuticals, drugs, foods, and dietary supplements.

<sup>9</sup>  
42. The method of Claim <sup>5</sup>39 wherein said material is selected from the group consisting of pharmaceuticals, drugs, foods, and dietary supplements.

<sup>9</sup>  
43. A method of determine determining the effect on the viscosity of the circulating blood of a living being resulting from a factor to which the human being has been exposed, said factor being selected from the group of one or more conditions, activities, lifestyles of the being and/or one or more material introduced into the body of the being, comprising the step of selecting a living being having been exposed to said factor, and utilizing a viscosity measuring instrument to measure the viscosity of the being's circulating blood after said being has been exposed to said factor to determine the likely effect of said factor thereon.

<sup>10</sup>  
44. The method of Claim <sup>9</sup>43 wherein said factor comprises introducing a material into the body of the being in order to determine the effect of said material on the being's circulating blood viscosity.

<sup>11</sup>  
45. The method of Claim <sup>10</sup>44 wherein said material is selected from the group consisting of pharmaceuticals, drugs, foods, and dietary supplements.

<sup>12</sup>  
46. The method of Claim <sup>11</sup>45 wherein said being is a human.

<sup>13</sup>  
47. The method of Claim <sup>9</sup>43 wherein said factor comprises a condition.

<sup>14</sup>  
48. The method of Claim <sup>13</sup>47 wherein said condition is selected from the group consisting of obesity, fatigue, physical fitness, cardiovascular fitness, breathing ability, relaxation, and mental state.